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# Spring Soul Spa

with

Deborah Newlen ~ Cynthia Hoven ~ Jennifer Bunday

## A Day of Deep Renewal

Connect deeply with yourself and the new life forces of spring.  
In a warm and intimate setting, find rejuvenation  
through guided meditations, eurythmy and painting.  
Gain insight into what is wanting to blossom in your life right now  
or just enjoy being nurtured through  
inner and outer inspiration and creativity.

Saturday March 17, 2018 ~ 9:00 am - 5:00 pm

(Plan to arrive at 8:45 for a prompt start.)

Location: Bay Area Education Center,  
10 Santa Fe Avenue, Richmond, CA 94801  
[www.bayareaeducationcenter.org](http://www.bayareaeducationcenter.org)

Fee: until March 7 - \$175; after March 7 - \$225  
Some financial assistance available.  
Snack included; cafes nearby for lunch.

For registration and payment information  
contact (510) 230-4674 or [deborahnewlen@gmail.com](mailto:deborahnewlen@gmail.com) by March 15.

**Deborah Newlen** founded and directs the Bay Area Education Center and also practices as a clinical hypnotherapist. Through teaching, mentoring and therapeutic work she helps people awaken and realize their dreams.  
[www.deborahnewlen.com](http://www.deborahnewlen.com)

**Cynthia Hoven** draws upon her decades of work as a Eurythmy teacher, trainer, artist and therapist to create inspiring and joy-filled workshops to students around the world. <https://eurythmyonline.com>

**Jennifer Bunday** is a long-time artist and Waldorf professional who teaches art as a transformative process for the human soul. View her paintings at [www.jenniferbunday.com](http://www.jenniferbunday.com)

*Jennifer Bunday*